



Free Your Body w/Yoga

Dharma Seeds Yoga ~ LGBTQ+ focused, Trauma-Informed, Accessible, Ability Injury Minded

=

Yoga for the soul



Advertisements



REPORT THIS AD

by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#) | 26 May 2023

Yoga for the soul

Self-care is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. Self-care can include activities such as taking breaks, getting enough sleep, eating healthy foods, and exercising regularly.

Yoga is a mind-body practice that originated in India thousands of years ago. Yoga combines physical postures, breathing exercises, and meditation or relaxation. Yoga can be a great way to improve your physical and mental health, and it can also be a powerful tool for self-care.

Advertisements



Self-Care Checklist



pursuingpretty.com

- Read a book
- Take a walk
- Start a gratitude journal
- Exercise
- Listen to a podcast
- Yoga
- Treat yourself
- Spend time with friends
- Take a bubble bath
- Establish a sleep routine
- Get a massage
- Explore nature
- Invest in a skincare routine
- Eat healthy
- Try a new hobby
- Plant a garden

Advertisements



Get dressed up

There are many ways that yoga can help with self-care. Yoga can help you to:

- **Reduce stress:** Yoga can help you to reduce stress by calming your mind and body. When you practice yoga, you focus on your breath and your body, and you let go of thoughts about the past or the future. This can help to reduce stress and anxiety.
- **Improve your mood:** Yoga can help to improve your mood by increasing your energy levels and reducing stress. When you practice yoga, your body releases endorphins, which have mood-boosting effects.
- **Increase your flexibility:** Yoga can help to increase your flexibility by stretching your muscles and improving your range of motion. When you are more flexible, you are less likely to get injured.
- **Build strength:** Yoga can help to build strength by strengthening your muscles and improving your balance. When you are stronger, you are better able to cope with stress and physical demands.
- **Improve your sleep:** Yoga can help to improve your sleep by calming your mind and body. When you practice yoga before bed, you are more likely to fall asleep quickly and sleep soundly.
- **Lose weight:** Yoga can help you to lose weight by increasing your metabolism and burning calories. When you practice yoga regularly, you are more likely to lose weight and keep it off.
- **Reduce pain:** Yoga can help to reduce pain by improving your flexibility and strength. When you are more flexible and strong, you are less likely to experience pain.
- **Improve your focus:** Yoga can help to improve your focus by calming your

Advertisements



- **Increase your self-esteem:** Yoga can help to increase your self-esteem by helping you to feel more confident and comfortable in your own skin. When you practice yoga, you learn to appreciate your body for its strength and flexibility. This can help you to feel more confident and comfortable in your own skin.

If you are looking for a way to improve your physical and mental health, yoga can be a great option. Yoga is a safe and effective way to reduce stress, improve your mood, and increase your overall well-being.

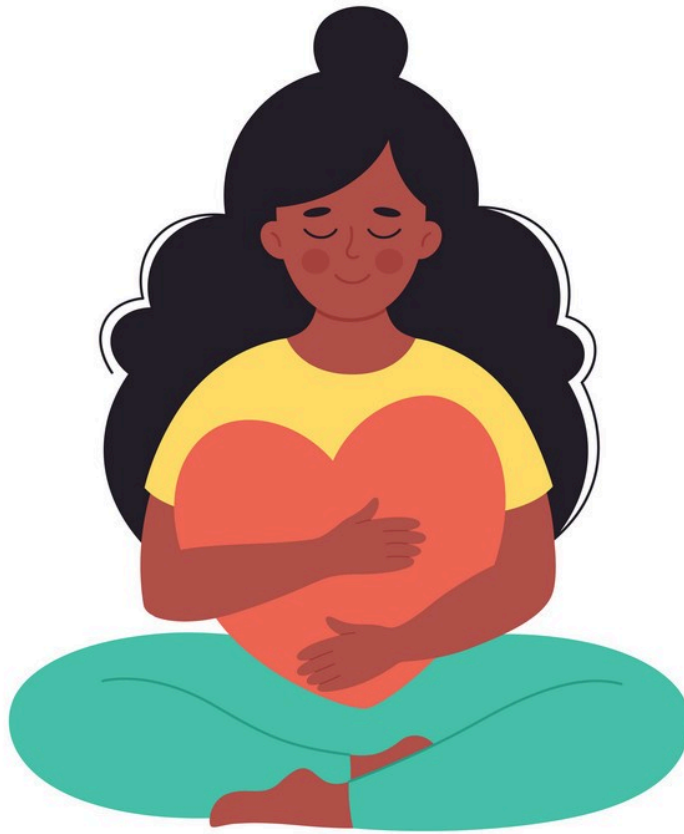
Here are some tips for incorporating yoga into your self-care routine:

- **Start with a beginner's class:** If you are new to yoga, start with a beginner's class. This will help you to learn the basics of yoga and avoid injury.
- **Find a class that fits your needs:** There are many different types of yoga classes available. Find a class that fits your fitness level and interests.
- **Make yoga a part of your routine:** The more you practice yoga, the more benefits you will experience. Try to practice yoga at least 3-4 times per week.
- **Listen to your body:** Yoga is a personal practice. Listen to your body and modify poses as needed.
- **Have fun:** Yoga should be enjoyable. If you are not having fun, you are less likely to stick with it.

Yoga can be a great way to improve your physical and mental health, and it can also be a powerful tool for self-care. If you are looking for a way to improve your well-being, yoga is a great option.

Advertisements





Here are some scholarly scientific articles on self care and yoga:

- **[Yoga for Self-Care and Burnout Prevention Among Nurses](#)**

This study found that yoga can help to reduce burnout in nurses. The study participants who participated in a yoga intervention reported significantly lower levels of burnout than the control group.

- **[The Effects of Yoga on Anxiety and Depression](#)**

Advertisements



- **The Effects of Yoga on Pain**

This study found that yoga can be an effective treatment for pain. The study participants who participated in a yoga intervention reported significant reductions in pain intensity and pain-related disability.

- **The Effects of Yoga on Sleep**

This study found that yoga can help to improve sleep quality. The study participants who participated in a yoga intervention reported significant improvements in sleep quality, including longer sleep duration and less sleep disturbance.

- **The Effects of Yoga on Mental Health**

This study found that yoga can have a positive impact on mental health. The study participants who participated in a yoga intervention reported significant improvements in mental health, including reduced stress, anxiety, and depression.

Resources

Here are some scholarly articles on setting boundaries and yoga:

- **Yoga and the Development of Healthy Boundaries by ROSE KRESS** (2004)
- **Yoga and the Art of Boundaries** by Leslie Booker (2018)
- **The Role of Yoga in Boundary Setting** by Sarah E. Hill (2019)
- **Yoga as a Tool for Boundary Setting** by Rachel M. Becker (2020)
- **Yoga and the Practice of Boundaries** by Sarah K. Smith (2021)

Advertisements



Here are some additional book resources on setting boundaries and yoga:

- **The Yoga of Boundaries** by Amy Weintraub
- [Healthy Boundaries](#) by Rose Kress
- [**Boundaries: Where You End and I Begin**](#) by Anne Katherine
- **Set Boundaries, Find Peace** by Nedra Glover Tawwab
- **The Drama of the Gifted Child** by Alice Miller
- **The Road Less Traveled** by M. Scott Peck

These books provide more in-depth information on setting boundaries and how to do it effectively. They also offer helpful advice and exercises for overcoming the challenges of setting boundaries.

[Relaxing Yoga for Mental Health](#)

Advertisements



YIN YOGA SEQUENCE

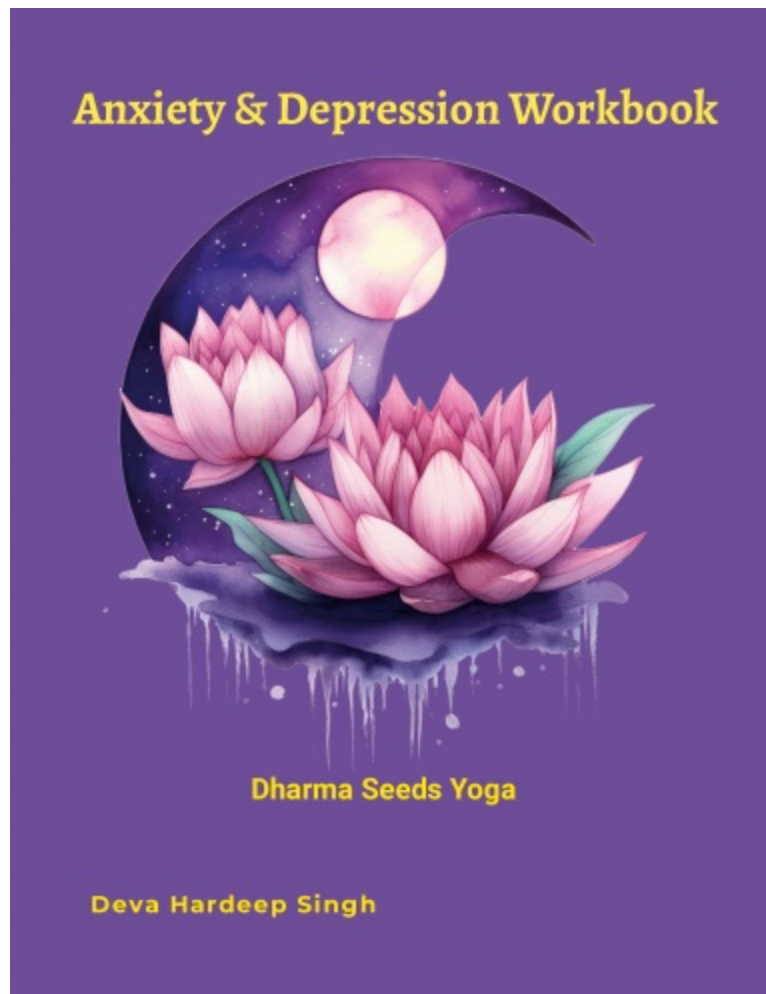
FOR MENTAL CLARITY & EMOTIONAL BALANCE



Advertisements



Buy Dharma Seeds Yoga Press new book



Anxiety & Depression Workbook ~ Dharma Seeds Yoga The Anxiety and Depression Workbook is a self-help book that provides readers with tools and techniques to help them manage their anxiety and depression. The book is based on trauma informed yoga, a type of therapy that focuses on changing the way

Advertisements



Depression Workbook has been praised by mental health professionals for its clear and concise explanations, and for its practical exercises and worksheets. The book has also been well-received by readers, who have found it helpful in managing their anxiety and depression. If you are struggling with anxiety or depression, the Anxiety and Depression Workbook may be a helpful resource for you. The book can help you learn more about your condition, and provide you with tools and techniques to help you manage your symptoms.



Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant,



Advertisements

focus. Recently was able to join the [Hulu/FX Series **Reservation Dogs**](#), as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



[Find Deva on World Yoga Federation](#)

dharmaseedsyoga

[May 26, 2023](#)

[Accessible Yoga](#), [Asanas](#), [Depression](#), [Hatha Yoga](#), [Health & Wellness](#), [Mental Health](#), [Raja Yoga](#),
[World Yoga Federation](#)

Advertisements

